

You Can Quit Smoking

Make 2007 the year you or someone close to you quits smoking.

Smoking harms nearly every organ of the body, causing many diseases and reducing the health of smokers in general. Quitting smoking has immediate as well as long-term benefits for you and your loved ones.

You CAN quit smoking. The following information may be helpful to your efforts.

If you're looking to quit, we encourage you to contact 1-800-QUIT-NOW or www.smokefree.gov for additional support.

You're Not Alone

- In 2005, 45.1 million adults (20.9 percent) in the United States were current smokers—23.9 percent of men and 18.1 percent of women. An estimated 70 percent of these smokers said they wanted to quit.
- An estimated 19.2 million (42.5 percent) adult everyday smokers in 2005 had stopped smoking for at least 1 day during the preceding 12 months because they were trying to quit.
- An estimated 46.5 million adults were former smokers in 2005, representing 50.8 percent of those who had ever smoked.

For more information:

[Tobacco Use Among Adults — United States, 2005](http://www.cdc.gov/tobacco/research_data/adults_prev/mm5420_intro.htm)

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Benefits of Quitting

- Smoking harms nearly every organ of the body, causing many diseases and reducing the health of smokers in general.
- Quitting smoking has immediate as well as long-term benefits, reducing risks for diseases caused by smoking and improving health in general.
- The list of diseases caused by smoking has been expanded to include abdominal aortic aneurysm, acute myeloid leukemia, cataract, cervical cancer, kidney cancer, pancreatic cancer, pneumonia, periodontitis, and stomach cancer. These are in addition to diseases previously known to be caused by smoking, including bladder, esophageal, laryngeal, lung, oral, and throat cancers; chronic lung diseases; coronary heart and cardiovascular diseases; as well as reproductive effects and sudden infant death syndrome.

For more information see:

[The Health Consequences of Smoking: A Report of the Surgeon General](http://www.cdc.gov/tobacco/sgr/sgr_2004/index.htm)

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Nicotine Addiction

- Most smokers are dependent on nicotine. Smokeless tobacco use can also lead to nicotine dependence.
- Nicotine dependence is the most common form of chemical dependence in the United States.
- Research suggests that nicotine is as addictive as heroin, cocaine, or alcohol.
- Examples of nicotine withdrawal symptoms include irritability, anxiety, difficulty concentrating, insomnia, restlessness, and increased appetite.
- Quitting tobacco use is difficult and may require multiple attempts.
- FDA-approved medications that can reduce the withdrawal symptoms that may occur with a quit attempt are available.
- For more information regarding FDA-approved medications, call 1-800-QUIT-NOW or speak with your health care provider.

Using Proven Treatments Can Double Your Chance of Success

- Nicotine is a very addictive drug, and usually people make several tries before they successfully quit.
- Each time you try to quit, you can learn what works for you and what situations are problematic.
- Using proven cessation treatments, such as FDA-approved medications and/or individual, group or phone counseling, can double your chance of success.
- For more information call 1-800-QUIT-NOW or visit www.smokefree.gov.

Five Keys for Quitting Smoking

Studies have shown that these five steps will help you quit and quit for good. You have the best chances of quitting if you use them together.

1. Get Ready

- Set a quit date.
- Change your environment.
 1. Get rid of **ALL** cigarettes and ashtrays in your home, car, and place of work.
 2. Don't let people smoke around you.
- Review your past attempts to quit. Think about what worked and what did not.
- Develop a plan to deal with cravings, withdrawal symptoms, and times when you usually smoke a cigarette.
- Once you quit, don't smoke—**NOT EVEN A PUFF!**

2. Get Support and Encouragement

Studies have shown that you have a better chance of being successful if you have help. You can get support in many ways:

- Tell your family, friends, and co-workers that you are going to quit and want their support. Ask them not to smoke around you or leave cigarettes out where you can see them.
- Talk to your health care provider (e.g., doctor, dentist, nurse, pharmacist, psychologist, or smoking cessation coach or counselor).
- Get individual, group, or telephone counseling. Counseling doubles your chances of success.
- The more help you have, the better your chances are of quitting. Free programs are available at local hospitals and health centers. Call your local health department for information about programs in your area.
- Telephone counseling is available at 1-800-QUIT-NOW.

3. Learn New Skills and Behaviors

- Try to distract yourself from urges to smoke. Talk to someone, go for a walk, or get busy with a task.
- When you first try to quit, change your routine. Use a different route to work. Drink tea instead of coffee. Eat breakfast in a different place.
- Do something to reduce your stress. Take a hot bath, exercise, or read a book.
- Plan something enjoyable to do every day.
- Drink a lot of water and other fluids.

4. Get Medication and Use It Correctly

Medications can help you stop smoking and lessen the urge to smoke.

- The U.S. Food and Drug Administration (FDA) has approved seven medications to help you quit smoking:
 1. Bupropion SR—Available by prescription.
 2. Nicotine gum—Available over-the-counter.
 3. Nicotine inhaler—Available by prescription.
 4. Nicotine nasal spray—Available by prescription.
 5. Nicotine patch—Available by prescription and over-the-counter.
 6. Nicotine lozenge—Available over-the-counter.
 7. Varenicline tartrate—Available by prescription.
- Ask your health care provider for advice and carefully read the information on the package.
- All of these medications will at least double your chances of quitting and quitting for good.
- Nearly everyone who is trying to quit can benefit from using a medication. However, if you are pregnant or trying to become pregnant, nursing, under age 18, smoking fewer than 10 cigarettes per day, or have a medical condition, talk to your doctor or other health care provider before taking medications.
- For information on FDA-approved medications, call 1-800-QUIT-NOW. To find out more about prescriptions, contact your health care provider.

5. Be Prepared for Relapse or Difficult Situations

Most relapses occur within the first three months after quitting. Don't be discouraged if you start smoking again. Remember, most people try several times before they finally quit. The following are some difficult situations you may encounter:

- **Alcohol.** Avoid drinking alcohol. Drinking lowers your chances of success.
- **Other Smokers.** Being around smoking can make you want to smoke.
- **Weight Gain.** Many smokers will gain some weight when they quit, usually less than 10 pounds. Eat a healthy diet and stay active. Don't let weight gain distract you from your main goal—quitting smoking. Some quit-smoking medications may help delay weight gain.
- **Bad Mood or Depression.** There are a lot of ways to improve your mood other than smoking. Some quit-smoking medications also lessen depression.

If you are having problems with any of these situations, talk to your doctor or other health care provider.

For more information on quitting, call 1-800-QUIT-NOW or visit www.smokefree.gov

Special Situations or Conditions

Studies suggest that everyone can quit smoking. Your situation or condition can give you a special reason to quit.

- **Pregnant women/new mothers.** By quitting, you protect your baby's health and your own.
- **Hospitalized patients.** By quitting, you reduce health problems and help healing.
- **Heart attack patients.** By quitting, you reduce your risk of a second heart attack.
- **Lung, head, and neck cancer patients.** By quitting, you reduce your chance of a second cancer.
- **Parents of children and adolescents.** By quitting, you protect your children and adolescents from illnesses caused by secondhand smoke and reduce the likelihood that they will start to smoke.

Additional Quit Resources

- [Smokefree.gov](http://www.smokefree.gov/) (http://www.smokefree.gov/)
- [How to quit](http://www.cdc.gov/tobacco/how2quit.htm) (http://www.cdc.gov/tobacco/how2quit.htm)
- [Tobacco Cessation—You Can Quit Smoking Now!](http://www.surgeongeneral.gov/tobacco/)
(http://www.surgeongeneral.gov/tobacco/)
- [Questions and Answers About Smoking Cessation](http://www.cancer.gov/cancertopics/factsheet/Tobacco/cessation)
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